

KESTON PARISH CHURCH

MONTHLY PEW SHEET

May 2025



Sun	4th May	8 am 10 am	BCP HC (1662) Celebrational Worship VE Day Service (non Communion)
Mon	5th May	7.40 am 8 am	Morning Prayer Holy Communion (said)
Tue	6 th May	9.30 am	Prayer Walk
Fri	9 th May	2.30 pm	Choir Practice
Sat	10th May	11.20am	Healing and Wholeness Service
Sun	11th May	10am	Holy Communion Service St. Christopher's Walk
Mon	12th May	7.40 am 8 am 2 pm	Morning Prayer Holy Communion (said) Book Group
Fri	16 th May	2.30 pm	Choir Practice
Sun	18th May	10 am 11.15 am	Holy Communion Service with prayer for Healing & Wholeness APCM + cake & refreshments
Mon	19th May	7.40 am 8 am	Morning Prayer Holy Communion (said)
Wed	21 st May	9.30 am 7 pm	Prayer Walk Men's Group @ Greyhound
Fri	23 rd May	2.30 pm	Choir Practice
Sun	25th May	10am 2.15 pm	Holy Communion Service Parish Walk followed by cake & refreshments
Mon	26th May	7.40 am 8 am	Morning Prayer Holy Communion (said)
Tue	27th May	10 am	Messy Church
Thu	29th May	3 pm	Ascension Day Service
Fri	30 th May	2.30 pm	Choir Practice
Sun	1st June	8 am 10 am	BCP HC (1662) Celebrational Worship (non Communion)
Tue	3 rd June	9.30 am	Prayer Walk
Sat	7th June	1 – 5 pm	KestFest on the Common

WELCOME to this service today, especially if you are a visitor. Hope you leave feeling blessed and minded to come again. If you use a hearing aid, please put it to the "T" setting. Large print copies of the service are available – please ask.

HOLY COMMUNION is offered every Sunday at 10am (except the first Sunday of the month when it is at 8am) & each Monday morning at 8am in this Parish Church. At Communion we come together as members of the one Body of Christ. **Everyone is welcome at the Lord's Table, the table of Jesus Christ.** If you require a gluten free wafer please inform one of the welcomers or the rector **before** the service. The wine is offered by the Common Cup, in line with the Canons of the Church of England, and as Jesus offered it to his disciples. Post-Covid, the practice of administering the wine by 'intinction' has persisted, with an assumption that it is more hygienic. Intinction is where, in our church, the rector will dip the wafer into the wine, before offering it with the exhortation 'the Body and Blood of Christ'. There is no proven research which says that intinction is more hygienic than the Common Cup. Scientific research has shown that the risk of infection from the Common Cup is minimal, not least by the priests who over many centuries have been consuming all the wine after many communicants had drunk from the same cup. Cathedrals with large congregations have largely returned to the Common Cup and do not permit intinction under any circumstances. Receiving in one kind is to receive the sacrament in its entirety. When invited to approach the table: please come up **first** if you wish to receive from **the Common Cup**. If you wish to receive **by intinction** please follow the guidance of the sidespeople. If you want a **blessing**, come at either time and **bring your service booklet with you** and bow your head.

BAPTISMS, WEDDINGS & FUNERALS – These are important landmarks in the life of any family. Your Parish Church is here to mark these important times with you. Baptisms, also called christenings can be conducted at any age – please ask. Confirmation is the next step if you were baptised as a child or an infant, and is usually offered just after you start Secondary School and is when you make the promises for yourselves. Don't worry if you have passed that age, God always welcomes you. If you get baptised as an adult, you will usually be invited to be confirmed at the same time. **Please speak to Reverend Belinda to register your interest.** Reverend Belinda can be contacted on 01689 853186 or by email rector@kestonparishchurch.org.uk regarding any of the above.

NEEDED!! CHURCHWARDENS, PCC MEMBERS, SIDESPEOPLE & CHALICE ASSISTANTS – Can you help? – It takes a team to run a church. Please do consider if you can help in one of these roles. Perhaps you could be a **PCC member** - we are hoping to have no more than 6 PCC meetings a year and can arrange these at a time to suit the elected team; or if you can be a **Sidesperson**, welcoming people and giving out books or a **Chalice Assistant**, assisting with Holy Communion – this would only be a monthly commitment. The Churchwarden's role is a bit more weighty, please offer if you have the time or can commit to almost weekly attendance.

1ST SUNDAY OF THE MONTH SERVICE is Celebrational Worship and is a non- Communion service including contemporary hymns and songs. It is a service of the Word (built around the Word of God in scripture) and is intergenerational and suitable for all the family. Tea, coffee, squash and biscuits are offered after the service. All are very welcome. Bring a friend.

MONDAY - MORNING PRAYER @ 7.40am followed by HOLY COMMUNION @ 8am (½ hour). A good start to the week as we place our week in God's hands. We pray for the needs of our Parish, its Church and its Community. Please do pop by on your way to work. There is a free car park while you attend. All are very welcome.

WANTED FOR KESTFEST – Any bottles (wine, beer, soft drinks, etc.) for Keston Church's Bottle Tombola, and also please pick up a few paper cups to fill with sweets for the sweetie pots! All collected for our Stand at the Kest Fest on Saturday 7th June from 1 – 5 pm on the Common!

WANTED – any Holly saplings to fill in the gap in our hedge alongside the Churchyard.

PRAYER WALKS – Every 1st Tuesday & 3rd Wednesday of the month, Tue 6th & Wed 21st May, then Tue 3rd & Wed 18th June. Please come along with or without a dog, and enjoy a good chatter,

then stop, reflect and pray. We assemble at 9.30 am on Commonsides on the green near the Greyhound Pub, and usually end up at/in Heathfields at 11ish to have a 'cuppa'.

BOOK READING FELLOWSHIP – Monday 12th May at 2 pm in Gravel Road. Come and discuss books with some Christian content that you have read, or some good suggestions, over tea/coffee and home made cake! Please let Sally know if you would like to come along. All very welcome.

HEALING & WHOLENESS ON 3RD SUNDAY MORNING SERVICE – On the third Sunday of each month, (18th May & 15th June) just after taking Communion there is the opportunity to go through to the foyer where church members will be happy to pray with and for you. **There is also a Healing and Wholeness service with anointing on the 2nd Saturday of each month at 11.20am. All welcome.**

APCM – Sunday 18th May at 11.30am following refreshments and cakes after the Sunday morning service. All are welcome – come and have your say on how your church runs. Tell us if you have any ideas to make things better for you and everyone.

MEN'S PUB SOCIAL – Every 3rd Wednesday of the month **21st May, then 18th June** at the Greyhound pub at 7 pm.

PARISH WALK - SUNDAY 25TH MAY – meet at 2.15 pm in the Keston Church Car Park for a walk taking approx. 2 hours, and finishing at Keston Church Hall for refreshments and cakes. Well behaved dogs very welcome!

MESSY CHURCH – TUESDAY 27th May - 10 AM – 12 NOON. Please tell all your friends about this event, where we have crafts, activities, Church celebrations with music, and a lunch. All ages are very welcome.

CHURCH SOCIALS – the next Church get together is a lunch on **Wednesday 11th June** at 7.30 pm at the Greyhound Pub, Commonsides. Please put your name on the list if you would like to come along.

KESTFEST 2025 – Saturday 7th June from 1 – 5 pm. On the Green outside the Greyhound Pub. Lots of stalls with food and things to buy, dog show and agility, music and much more!

ALPHA COURSE – Keston Church is looking to host an Alpha Course - Alpha is a series of group conversations that freely explore the basics of the Christian faith in an open, friendly environment, and over a shared meal. Everyone's welcome. If this is something you would like to attend or help with, please sign the list as you come into Church.

PLEASE NOTE: We will be cleaning the upholstery on the red hall chairs in batches following the Sunday morning services during the Summer months, any help would be greatly appreciated!

OUR SAFEGUARDING STATEMENT - We want our church to be a safe place for everyone – a place where the love of God shines through all we do. Therefore, in accordance with the Government, the Church of England, the Charity Commission and our insurance company, our workers/volunteers are safely recruited (including DBS check if legally eligible), regularly trained and we adhere to Diocesan Safeguarding Policies. Our Safeguarding Officer is Steff Nash please speak to him if you have any questions or concerns or contact him on safeguarding@kestonparishchurch.org.uk

4th May – VE Day Service

Almighty God, from whom all thoughts of truth and peace proceed: kindle in the hearts of all people the true love of peace; and guide with your pure and peaceable wisdom those who take counsel for the nations of the earth; that in tranquillity your kingdom may go forward, till the earth is filled with the knowledge of thy love; through Jesus Christ our Lord. Amen

Micah 4: 1 – 4; 2 Corinthians 5: 16 - 21 (NLT Bible)

11th May – 4th Sunday of Easter

Risen Christ, faithful shepherd of your Father's sheep: Teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father. Amen

Acts 9: 36 – end; John 10: 22 - 30 (NRSV Bible)

18th May – 5th Sunday of Easter

Risen Christ, your wounds declare your love for the world And the wonder of your risen life: give us compassion and courage to risk ourselves for those we serve, to the glory of God the Father. Amen

Acts 11: 1 – 18; John 13: 31 – 35 (NRSV Bible)

25th May – 6th Sunday of Easter

Risen Christ, by the lakeside you renewed your call to your disciples: help your Church to obey your command and draw the nations to the fire of your love, to the glory of God the Father. Amen

Acts 16: 9 – 15; John 14: 23 – 29 (NRSV Bible)

Thursday 29th May – Ascension Day Service

Risen Christ, you have raised our human nature to the throne of heaven: help us to seek and serve you, that we may join you at the Father's side, where you reign with the Spirit in glory, now and for ever. Amen

Acts 1: 1 – 11; Luke 24: 44 – end (NRSV Bible)